

I. **Hair Restraints** – Regulations include the following: F-371 Interpretive Guidance:

*Dietary staff must wear hair restraints (e.g., hairnet, hat, and/or beard restraint) to prevent their hair from contacting exposed food.*

Chapter 24 Sanitation in Retail Food Establishments and Food and beverage Vending Machines

**8:24-2.4 ( c) The following requirements shall apply to hair restraints:**

**1.Except as provided in ( c) 2 below, food employees shall wear hair restraints such as hats, hair coverage or nets, beard restraints, and clothing that covers body hair, that are designed and worn to effectively keep their hair from contacting exposed food, clean equipment, utensils, linens; and unwrapped single-service and single-use articles.**

**2.This subsection does not apply to food employees such as counter staff who only serve beverages and wrapped or packaged foods, hostesses, and wait staff if they present minimal risk of contaminating exposed food; clean equipment, utensils, and linens; and unwrapped single-service and single-use articles.**

II. Clarification of Biological Contamination: (source – F-371 Interpretive Guidance)

Biological Contaminants are pathogenic bacteria, viruses, toxins, and spores that contaminate food. The two most common types of disease producing organisms are bacteria and viruses. Parasites may also contaminate food, but are less common.

**Toxins** – toxins are poisonous substances that come from a variety of sources. Some pathogens (e.g. Staphylococcus aureus and Clostridium botulinum) produce toxins as a byproduct of their growth. Most toxins are not destroyed by high temperatures. A potentially hazardous food (PHF) Time Temperature Controlled for Safety (TCS) food that is allowed to remain in the danger zone long enough for the bacteria to produce toxins will become unsafe to eat.

**Spores** – A spore is an inactive form of an organism that is highly resistant to extreme temperatures, acidity, and dehydration. The organism is reactivated once conditions become favorable for its growth. Two common spore-forming pathogens are Bacillus cereus and Clostridium botulinum. Temperature control is the way to minimize the danger associated with spore-forming organisms.